



# National Nutrient Database for Standard Reference

## Release 28 slightly revised May, 2016

### Statistics Report 09422, Durian, raw or frozen

Report Date: June 30, 2017 04:44 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water <sup>1</sup>	g	64.99	2	--	62.06	67.91	--	--	--	1	Analytical or derived from analytical	--	08/2002
Energy	kcal	147	--	--	--	--	--	--	--		Calculated or imputed	--	05/2003
Energy	kJ	615	--	--	--	--	--	--	--		Calculated or imputed	--	05/2003
Protein <sup>1</sup>	g	1.47	2	--	1.04	1.9	--	--	--	1	Analytical or derived from analytical	--	08/2002
Total lipid (fat) <sup>1</sup>	g	5.33	2	--	5.02	5.65	--	--	--	1	Analytical or derived from analytical	--	08/2002
Ash <sup>1</sup>	g	1.12	2	--	1.11	1.13	--	--	--	1	Analytical or derived from analytical	--	08/2002
Carbohydrate, by difference	g	27.09	--	--	--	--	--	--	--		Calculated or imputed	--	05/2003
Fiber, total dietary <sup>1</sup>	g	3.8	2	--	3.7	4	--	--	--	1	Analytical or derived from analytical	--	08/2002
<strong>Minerals</strong>													
Calcium, Ca <sup>1</sup>	mg	6	2	--	5	7	--	--	--	1	Analytical or derived from analytical	--	08/2002
Iron, Fe <sup>1</sup>	mg	0.43	2	--	0.41	0.46	--	--	--	1	Analytical or derived from analytical	--	08/2002
Magnesium, Mg <sup>1</sup>	mg	30	2	--	22	37	--	--	--	1	Analytical or derived from analytical	--	08/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phosphorus, P <a href="#">1</a>	mg	39	2	--	38	39	--	--	--	1	Analytical or derived from analytical	--	08/2002
Potassium, K <a href="#">1</a>	mg	436	2	--	420	453	--	--	--	1	Analytical or derived from analytical	--	08/2002
Sodium, Na <a href="#">1</a>	mg	2	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2002
Zinc, Zn <a href="#">1</a>	mg	0.28	2	--	0.17	0.38	--	--	--	1	Analytical or derived from analytical	--	08/2002
Copper, Cu <a href="#">1</a>	mg	0.207	2	--	0.18	0.24	--	--	--	1	Analytical or derived from analytical	--	08/2002
Manganese, Mn <a href="#">1</a>	mg	0.325	2	--	0.31	0.34	--	--	--	1	Analytical or derived from analytical	--	08/2002
<b>Vitamins</b>													
Vitamin C, total ascorbic acid <a href="#">1</a>	mg	19.7	2	--	8.6	30.8	--	--	--	1	Analytical or derived from analytical	--	08/2002
Thiamin <a href="#">1</a>	mg	0.374	2	--	0.35	0.39	--	--	--	1	Analytical or derived from analytical	--	08/2002
Riboflavin <a href="#">1</a>	mg	0.200	2	--	0.18	0.22	--	--	--	1	Analytical or derived from analytical	--	08/2002
Niacin <a href="#">1</a>	mg	1.074	2	--	0.86	1.29	--	--	--	1	Analytical or derived from analytical	--	08/2002
Pantothenic acid <a href="#">1</a>	mg	0.230	2	--	0.22	0.24	--	--	--	1	Analytical or derived from analytical	--	08/2002
Vitamin B-6 <a href="#">1</a>	mg	0.316	2	--	0.17	0.46	--	--	--	1	Analytical or derived from analytical	--	08/2002
Folate, total <a href="#">1</a>	μg	36	2	--	16	56	--	--	--	1	Analytical or derived from analytical	--	08/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folate, food	µg	36	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2003
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	11/1996
Vitamin A, RAE <sup>1</sup>	µg	2	2	--	2	2	--	--	--	1	Analytical or derived from analytical	--	08/2002
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta <sup>1</sup>	µg	23	2	--	21	26	--	--	--	1	Analytical or derived from analytical	--	08/2002
Carotene, alpha <sup>1</sup>	µg	6	2	--	5	8	--	--	--	1	Analytical or derived from analytical	--	08/2002
Cryptoxanthin, beta <sup>1</sup>	µg	0	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2003
Vitamin A, IU <sup>1</sup>	IU	44	2	--	42	47	--	--	--	1	Analytical or derived from analytical	--	08/2002
<b>Lipids</b>													
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	11/1996

Sources of Data

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA Nutrient content of ethnic and geographic specific foods, Southern Testing and Research Laboratories, 1995 Beltsville MD